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# Fort Benning Safety Orientation Brief



# Agenda

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- ☐ Safety Staff
- ☐ Responsibilities
- ☐ Training
- ☐ Composite Risk Management
- ☐ POVs
- ☐ Motorcycles
- ☐ On Post Driving
- ☐ Off Post Driving
- ☐ Other Transportation
- ☐ Weather
- ☐ Heat Injury Prevention
- ☐ Cold weather hazards
- ☐ Important Contact Information



# Staff

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# Safety Responsibility



IAW: AR 385–10 PAR 1-5 27 Nov 2013

*a. Soldiers and Army civilians at all levels will—*

- (1) Stop unsafe acts detrimental to Army operations.
- (2) Be responsible for accident prevention through the application of the mishap risk management component of CRM.
- (3) Comply with the AR 385-10 and the Occupational Safety and Health Act of 1970 (OSHAct), safety regulations, the Army Occupational Health Program, work practices, and standing operating procedures (SOPs).
- (4) Use all personal protective equipment (PPE) and protective clothing provided, including seatbelts, in accordance with training, hazard analyses, work instructions, and as required by the task at hand.
- (5) Report Army accidents, near misses, and hazards in their workplace as soon as possible to their supervisor or leader.
- (6) Employ CRM in all training, missions, activities.



# Required Safety Training



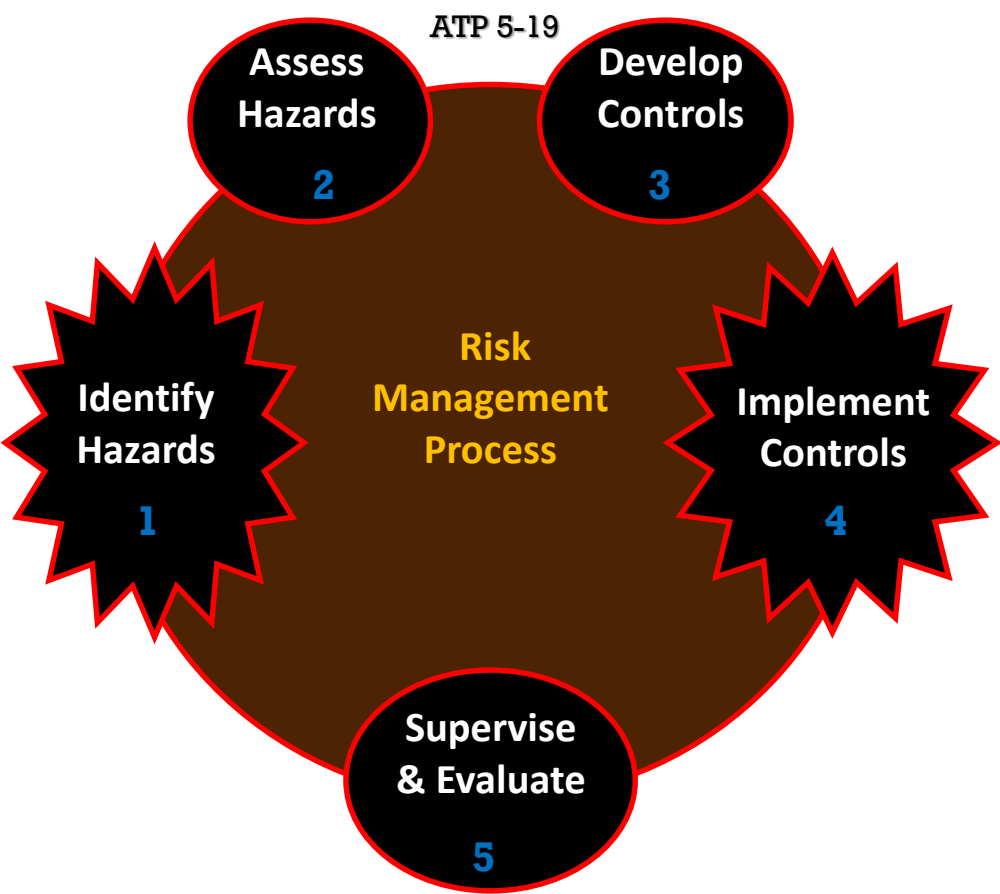
- ☐ **1. Composite Risk Management Basic 2G-F97\_DL** - Required for all military personnel once in their career.
- ☐ **2. Composite Risk Management Employee 2G-F104\_DL** - Required for all Civilian Employees once in their career.
- ☐ **3. Supervisor Safety Course** - Required for all Supervisors once in their career.
- ☐ **4. Managers Safety Course** - Required for all Managers once in their career.
- ☐ **5. Employees Safety Course** - Required for all Employees once in their career.
- ☐ **6. Commander's Safety Course** – Required for all Commanders prior to taking command.
- ☐ **7. Additional Duty Safety Officers Course (ADSO) / Collateral Duty Safety Officer Course (CDSO).** Required 30 days after being appointed.

Training is completed through ALMS via AKO. <https://www.lms.army.mil>

**Exemptions:** If you have taken the ADSO, CDSO or Commanders Safety Course the requirement for CRM, Supervisors, Managers, Employees is fulfilled.



# Risk Management



Use Risk Management to:

- ☐ Conduct Workplace Hazard Analysis (WHA) -of all working environments
- ☐ Conduct Job Hazard Analysis (JHA) – Specific to each job performed



# Private Motor Vehicles (PMVs)



## Automobiles



- ❑ Accident Avoidance Course (AAC) As part of licensing procedures. Must be completed every 4 years.
- ❑ Intermediate Traffic Safety Training Course IIIA. Soldiers less than 26 years must complete.
- ❑ Vehicle specific training Tactical vehicle drivers are required to complete training specific to the vehicle they operate (AR 600-55)

## Motorcycles



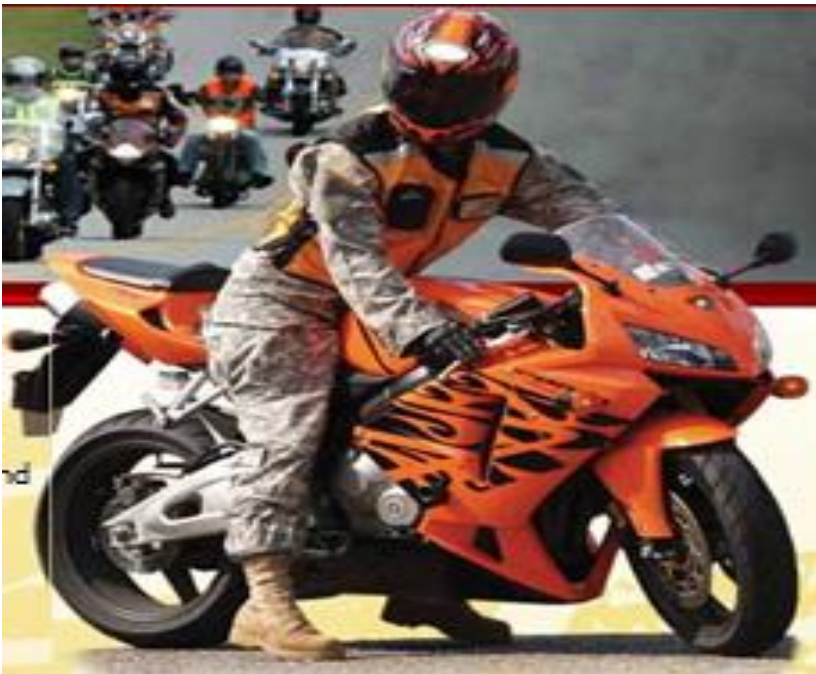
- ❑ Basic Rider Course (BRC) Prior to operation of PMV-2 on or Off installation Soldiers must complete.
- ❑ The Experienced Rider Course (ERC) must be completed within 240 days after completion of the BRC.
- ❑ They Motorcycle Sports Riders Course (MSRC) Must be completed after 12 months of riding experience. To be monitored by the unit motorcycle mentor.



# Required Motorcycle PPE



- ☐ **Helmet:** Must be fastened under chin and meet DOT Safety Standard No. 218 approved
- ☐ **Eye Protection:** Shatter Resistant meeting or exceeding ANSI Z87.1 standards
- ☐ **Footwear:** Over-the ankle, durable leather or ballistic-type
- ☐ **Protective Clothing**
  - ☐ Long-sleeved shirt or jacket
  - ☐ Long trousers
  - ☐ Full-fingered leather gloves
- ☐ Encouraged to wear reflective colors




- ☐ **Off road operations**
  - ☐ Knee pads
  - ☐ Elbow pads
  - ☐ Shin guards
  - ☐ Padded full-fingered gloves







# On Post Driving



- ❑ Headphones will not be worn while driving, jogging or walking on roads, on bikes, or motorcycles (May be used on designated tracks)




- ❑ The use of cell phones and texting while driving are prohibited. If you need to talk or text on the phone, PULL OVER FIRST.



- ❑ Crosswalks will be used when crossing the street. Moving vehicles must yield to people in the crosswalk lane. (Look for traffic before you walk).



- ❑ Seat belts will be worn at all times.



- ❑ Do not ever drink and drive. BAC in Georgia and Alabama is .08 BAC.



- ❑ When Passing formations

- ❑ From Rear: -Wait for signal to pass - 10 MPH

- ❑ From Front: - Pass with caution - 10 MPH





# Off Post Driving



## **Things to be mindful of:**

- ❑ Speed Limits: Obey all speed posted speed limit signs
- ❑ Lights and Stop signs: Always come to a complete stop (don't run red lights)
- ❑ Turning: Always use your turn signals
- ❑ Changing lanes:
  - ❑ Always Use turn signals
  - ❑ look over your shoulder before you get over
  - ❑ never reduce speed
- ❑ Yield to merging vehicles: Don't hog the road

## **Things to watch out for**

- ❑ Motorcycles: Motorcycles will dodge through traffic
- ❑ Busses: Busses will merge and turn without warning
- ❑ Overloaded trucks: Over loaded trucks will drop items and react slowly
- ❑ Extremely slow or fast drivers: Not all drivers do the speed limit
- ❑ Pedestrians: Will dodge out in traffic to get across the road
- ❑ Road Construction: Can happen on any road without warning

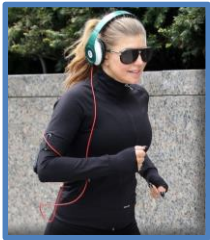


# Other Transportation



**Bicycles** - Traffic laws apply to persons riding bicycles.

- ☐ Helmet: Must be Department of Transportation (DOT) certified
- ☐ Day time - Wear high visibility upper body garments.
- ☐ Night time -
  - ☐ Must wear reflective garments visible at all times (Can not be covered)
  - ☐ Bike must be equipped with headlights and taillights.



## Physical Training

- ☐ Joggers must wear a reflective vest or other reflective material
- ☐ Headphones/Earphones prohibited while jogging or walking.
- ☐ Construction areas : Avoid using construction areas as exercise route.
- ☐ Route Direction: Face traffic when using roadways.





# Weather



## Summer Weather 15 Apr – 05 Sep

- ☐ High heat
- ☐ High winds
- ☐ Lightning
- ☐ Dangerous wildlife



## Winter Weather 06 Sep – 14 Apr

- ☐ Freezing Temperatures
- ☐ Sleet (minimal)
- ☐ Snow (minimal)







# Summer Weather and Heat Injury Prevention



- ❑ Drink plenty of water
- ❑ Avoid heavy meals at lunch time
- ❑ Maintain a well balanced diet
- ❑ Wear appropriate clothing for heat category
- ❑ Use sunscreen
- ❑ Follow recommended work/rest cycles
- ❑ Once a heat casualty always a heat casualty

**Heat Can KILL!**

*Possible Heat Casualty*

**Common Signs / Symptoms**

- Dizziness
- Headache
- Nausea
- Unsteady walk
- Weakness or fatigue
- Muscle cramps

**Immediate Actions**

- Remove from training
- Allow person to rest in shade
- Loosen clothing
- Take sips of water
- Call for a medic to evaluate the person
- If no medic is available, call for an ambulance or MEDEVAC
- Use Iced Sheets for rapid cooling of suspected heat stroke victims

**Visit <http://safety.korea.army.mil> for heat injury prevention resources**

**own the EDGE**  
Composite Risk Management

**Work/Rest and Water Consumption Table**

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Heat Category	WBGT Index, °F	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	½	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	¾	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-5699 or CHPPM-Health-Information-Operations@ag.osd.mil. For electronic versions, see <http://dtpm-wrmi.apgee.army.mil/heat>. Local reproduction is authorized. June 2004





# Cold Weather Hazards

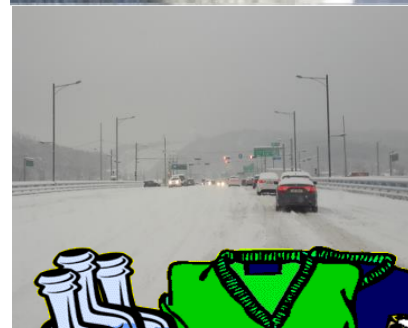


## Driving

- ❑ Check the weather forecast prior to driving
- ❑ Always leave enough space to allow stopping
- ❑ Apply brakes gently when going down hills
- ❑ Carry an emergency supply kit in your car
- ❑ keep cell phones charged
- ❑ Have emergency numbers handy

## Walking

- ❑ Walk slowly
- ❑ Plant entire foot surface before you step off
- ❑ Dress in layers
- ❑ Wear shoes that have traction (Not high heels)
- ❑ Keep your cell phone charged





# Important Contact Information

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## ON POST

- ☐ Non-Emergency Services: 706-545-2221
- ☐ Post Information: 706-545-2011
- ☐ Emergency Services: 911
- ☐ Environmental: 706-545-2180
- ☐ Preventative medicine: 762-408- 3606
- ☐ Industrial Hygiene: 706-626-2958
- ☐ Occupational Health: 706-545-2186

## OFF POST

- ☐ Emergency Services: 911